



## Intro to Tumbling

**Course Objectives:** The athlete will successfully master the cartwheel, round off, handstand, and backbend. The athlete will begin skills that will help their bodies develop to be a strong tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

### Course Requirements: (Necessary Skills to Advance)

Skill	Mastered Successfully	Date
1) A round off with straight legs into a hollow position.		
2) A cartwheel with straight legs		
3) Lunge to arabesque to handstand		
4) A Candlestick to the upright position with out using hands		
5) A Forward Roll (Tuck, Straddle, and Pike Positions)		
6) A Backward Roll on cheese (Tuck, Straddle and Pike Positions)		
7) Bridge - hold for 10 seconds		
8) A back bend and hold for ten seconds		
9) Stand up out of a backbend on the cheese		
10) Handstand control to backbend		
11) Bridge Kick-over		
12) Back bend kick-over		

**At Home:** In order to successfully master the skills required there are some fundamental body positions and exercises that each athlete will need to practice.

- Tuck ups
- V ups
- Handstand push ups
- Regular push ups
- Hollow hold
- Superman

- Squat Jumps
- Lunges

## **Next Level: Tumbling 1**